

# PROSTATE DISEASE

Arizona Department of Corrections  
Health Service Bureau

Inmate Wellness Program  
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The **prostate** is a walnut size gland found below the bladder of a man. The prostate produces fluid which becomes part of the semen.

## Common Prostate Problems

### 1. Enlarged (or swollen) Prostate

Enlargement of the prostate is common in older men but can happen at any age. Sometimes, the reason for an enlarged prostate is not known. However, *an enlarged prostate does not necessarily mean you have cancer.*

### 2. Infections of the Prostate

Infections of the prostate can be caused by various types of bacteria or viruses (germs).

### 3. Prostate Cancer

Prostate cancer is the most common cancer in men. About one out of every five men in their 50's will develop prostate cancer in their lifetimes. For ages 70 and 80, it occurs in 3 out of 4 men. It is important for prostate cancer to be found and treated early.

## Detection

**Screening** for prostate cancer is often done by a rectal examination. The medical provider inserts a gloved finger into the rectum to examine the prostate for anything unusual. A blood test called a PSA test (prostate specific antigen) may also be used to help a provider determine if you have prostate cancer.

It is recommended that all men 50 + years have a rectal examination every year. African-American men and men who have a family

history of prostate cancer are more likely to get prostate cancer. Therefore, they should

be checked every year if they are over 40 years old. **The best way to detect prostate cancer is to get a rectal examination when offered.**

## Symptoms of a Prostate Problem

- Painful & sometimes bloody urination
- Frequent urination (day and night) with difficulty stopping and starting
- Inability to empty the bladder or control urination
- A weak urine stream
- Painful ejaculations
- Lower back and muscle pain
- Chills and fever

An HNR should be filled out if any of these symptoms are experienced.

## Treatment

Chronic inflammation should be treated to prevent complete block of urinary flow. Many things can be done to help with prostate problems. Symptoms may be treated with antibiotics or other medications, rest, increased fluid intake, and diet changes (avoid caffeine, spicy or acidic foods, and alcohol after release). Treatment may include surgery if the symptoms become severe.